



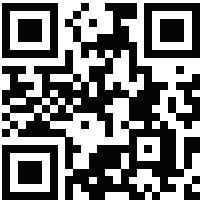




























SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Presentation  Support Group  Hands-On Kid Activity  Cooking Demo  Virtual Store Tour			Learn something new with our <b>FREE Virtual Nutrition Events!</b> Led by registered dietitians, we offer fun & educational events for the whole family. For full event descriptions & to register, visit <a href="http://www.bigy.com/LivingWell/GetSocial">www.bigy.com/LivingWell/GetSocial</a> or Scan this QR Code.		1	2
3	4	5	Choosing and Storing Fresh Produce 10:00 – 11:00 AM  Kids Get Cooking Summer Camp: Week 1  Whole Grain Baking with Blueberry Breakfast Bars 10:30 – 11:30 AM Fighting Inflation at the Checkout 6:00 – 7:00 PM 	Living with Diabetes 1:00 – 2:00 PM  Eating Behavior Management Series 4:00 – 5:00 PM 	Eat for Mental Health 11:00 AM – 12:00 PM 	9
10	Road Trip Snack Essentials 1:00 – 1:30 PM 	Reducing Inflammation with Nutrition 10:00 – 11:00 AM  Kids Get Cooking Summer Camp Week 2: Intro to Cutting Skills with Fun Fruit Pizzas 10:30 – 11:15 AM  Living with Diabetes 7:30 – 8:30 PM 	Nutrition to Support Brain Health 10:00 – 11:00 AM 	Eating for Healthy Skin 3:00 – 4:00 PM  Nutrition to Support Brain Health 4:00 – 5:00 PM  Let's Get Cooking 101 – Air Fryer Fun 6:00 – 7:00 PM 	Fighting Inflation at the Checkout 11:00 AM – 12:00 PM 	16
17	Low Sodium Sauces and Dressings 12:30 – 1:15 PM 	Let's Get Cooking 101 – Make Your Own Salad Dressing 11:00 – 11:45 AM 	Kids Get Cooking Summer Camp Week 3: Mastering Measuring with Zucchini Muffins 10:30 – 11:15 AM  Reducing Inflammation with Nutrition 6:00 – 7:00 PM 	Mindful Eating 11:00 AM – 12:00 PM  Eating Behavior Management Series 4:00 – 5:00 PM  Navigating Summer Cookouts with Diabetes 6:00 – 7:00 PM 	Road Trip Snack Essentials 11:00 – 11:30 AM 	23
24	Sugars & Sweeteners 2:00 – 3:00 PM 	Kids Get Cooking Summer Camp Week 4: Discovering Active Play & Refueling Snacks with Make-Your-Own Smoothies 10:30 – 11:15 AM  Low Sodium Sauces and Dressings 3:00 – 3:45 PM  Eating Behavior Management Series 6:00 – 7:00 PM 	Mindful Eating 5:00 – 6:00 PM  Eating for Healthy Skin 7:00 – 8:00 PM 	Heart-Healthy Cooking Tips 4:00 – 5:00 PM  Let's Get Cooking 101 – Cool Summer Soups 6:00 – 7:00 PM 	Eating What's in Season for Late Summer 11:00 AM – 12:00 PM 	30
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